

Join the Fun!

Rasmussen Senior Center - 115 East Roberts Lane - 392.2030

VOLUNTEERS NEEDED! Front sign in desks, servers, after lunch clean up, etc.

Please see office staff to inquire

Meals on Wheels - 392.2016

WE RESERVE THE RIGHT TO CHANGE MENU WITHOUT NOTICE.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Orange Chicken Broccoli Watermelon WW Roll Steamed Rice Milk	2 Chili Beans Coleslaw Cantaloupe Corn Bread Milk	3 Chicken Fajitas Spinach Salad Fajita Veggies Tortilla Spanish Brown Rice Pinto Beans Milk	4 Scrambled Eggs & Sausage Link Roasted Potatoes Honeydew Melon WW Roll Milk	5 Stuffed Bellpeppers Carrots Mashed Potatoes WW Roll Apple Sauce Milk
8 Chicken & Pasta Italian Green Beans Spinach Salad WW Roll Fruit Salad Apple Juice Milk	9 Chicken Fried Steak Mashed Potatoes Broccoli WW Roll Watermelon Milk	10 Pork Stir Fry Stir Fry Veggies Perfection Salad WW Roll Steamed Rice Milk	11 Gumbo Soup Coleslaw Apple Waldorf Salad WW Roll Milk	12 Minestrone Soup Carrot Salad Watermelon WW Roll Apple Juice Milk
15 Beef Patty Mashed Potatoes Carrots WW Roll Pudding Apple Juice Milk	16 Kielbasa Sausage Roasted Potatoes Steamed Cabbage WW Roll Fruit Salad Milk	HAPPY BIRTHDAY! 17	18 Beef Stew Corn & Black Bean Salad Honeydew Corn Bread Milk	19 BBQ Pork Sandwich Cantaloupe Coleslaw WW Roll Milk
22 Ground Beef over Noodles Carrots Green Salad WW Roll Orange Milk	23 BBQ Chicken Mashed Potatoes Corn WW Roll Cantaloupe Milk	24 Egg Salad Sandwich Coleslaw Watermelon WW Bread Milk	25 Chicken Pot Pie Whole Grain Salad Fruit Salad Biscuit Apple Juice Milk	26 Baked Potato w/ Ground Beef Chili Carrots Zucchini WW Roll Apple Sauce Milk
29 Ground Turkey Taco Pinto Beans Cantaloupe Spanish Rice Corn Tortilla Milk	30 Spaghetti w/ Meat Sauce Italian Green Beans Spinach Salad WW Roll Watermelon Milk			